

[0028] in response to a signal from the movement detection component indicative of movement of the handheld mobile computing device by more than a threshold movement amount, resetting the timer to run from the beginning of the monitor period;

[0029] in response to the timer reaching an end of the monitor time period, generating and transmitting an alarm message to at least one remote destination using the wireless communication subsystem of the handheld mobile computing device.

[0030] Some embodiments relate to, in a handheld mobile computing device comprising a location detecting component and a wireless communication subsystem, a method of providing a safety monitor application, the method comprising:

[0031] within the safety monitor application, allowing user configuration of an interval time period;

[0032] executing a timer function to run a timer from a beginning of the interval time period;

[0033] in response to user input to reset the timer, resetting the timer to run from the beginning of the interval period;

[0034] determining a geographic location of the handheld mobile computing device;

[0035] in response to the timer reaching an end of the interval time period, generating and transmitting an alarm message to at least one remote destination using the wireless communication subsystem of the handheld mobile computing device, the alarm message including at least one of the determined geographic location and a selectable link to display the determined geographic location.

#### BRIEF DESCRIPTION OF DRAWINGS

[0036] Embodiments are described in further detail below, by way of example, with reference to the accompanying drawings, in which:

[0037] FIG. 1 is a block diagram of a safety monitor system according to some embodiments;

[0038] FIG. 2 is a flowchart of a method of providing a safety monitor application for a hand held mobile computing device;

[0039] FIG. 3 is a flowchart of a method of executing a monitor application in a motion detection mode;

[0040] FIG. 4 is a flowchart of a method of executing a monitor application in an interval timer mode;

[0041] FIGS. 5A, 5B and 5C are example screen displays of introduction pages displayed to a user viewing the safety monitor application;

[0042] FIG. 6A is an example screen display of a configuration page of the safety monitor application;

[0043] FIG. 6B is an example screen display of the configuration page of FIG. 6A, showing further detail of that page;

[0044] FIG. 7 is an example screen display of a timer actuation and status display screen;

[0045] FIG. 8 is an example screen display of a further timer actuation and status screen of the safety monitor application;

[0046] FIG. 9 is an example screen display of an alert message displayed by the safety monitor application when one or more alarm messages has been transmitted;

[0047] FIG. 10 is an example message display of an alarm message transmitted as an electronic mail message and received at a designated alarm contact address; and

[0048] FIG. 11 is an example message display of an alarm message transmitted as a text message and received at a designated alarm contact mobile device number.

#### DETAILED DESCRIPTION

[0049] Described embodiments generally relate to safety monitor applications. In particular, embodiments relate to such applications and methods of their use and provision and to mobile computing devices executing such applications.

[0050] Referring now to FIG. 1, a system 100 for providing a safety monitor application is described in further detail. System 100 comprises a hand held mobile computing device 110 in communication with a server 145 over one or more public networks 140.

[0051] The hand-held computing device 110 may be embodied as a smart phone or tablet computing device, for example. The server 145 has an interface module 147 specifically configured to pair with and interface with a safety monitor application 118 executing on the hand held mobile computing device 110. The system 100 further comprises a data store 146 in communication with, and accessible to, the server 145 to store data relating to the use of the safety monitor application 118 and the status updates that it generates. Additionally, system 100 may comprise one or more destination devices 150 to receive alarm messages from the server 145, depending on the monitored safety status received from the safety monitor application 118.

[0052] System 100 further comprises a download server 160 to facilitate the download of the safety monitor application 118 to the handheld mobile computing device 110.

[0053] In some embodiments, the hand held mobile computing device 110 may transmit messages to one or more of the destination devices 150 instead of, or in addition to, messages being routed by a server 145. For example, a text message to be transmitted from the hand held mobile computing device 110 may use existing mobile communications infrastructure and transmission protocols to rout such text messages directly to a destination device 150, instead of via server 145.

[0054] In this context, public networks 140 may include publicly accessible mobile telephony infrastructure as well as publicly accessible data communications infrastructure, including the internet.

[0055] The hand held mobile computing device 110 comprises at least one processor 112 and a memory 114 accessible to the processor 112 for read and write operations. The memory 114 comprises executable program code grouped into code modules that provide computing device functions. Such groups of code modules define an operating system 116 and the safety monitor application 118. Other software code modules may be stored in the memory 114 for execution, including various native device functions that can be called by the operating system 116 or safety monitor application 118. The memory 114 comprises persistent non-volatile data and program storage for implementing the operating system 116 and safety monitor application 118, but also includes volatile memory, such as random access memory (RAM).

[0056] Hand held mobile computing device 110 further comprises a display 132, which may be a display screen for a smart phone or tablet computing device display, depending on the particular embodiment of the hand held mobile com-